

THE TOWN OF LOS ALTOS HILLS
FALL-WINTER 2009-10

ACTI- VITY GUIDE



CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS



Town of Los Altos Hills City Council

Hon. Dean Warshawsky,
Mayor

Hon. Breene Kerr, Mayor
Pro Tem

Hon. Rich Larsen,
Councilmember

Hon. Jean Mordo,
Councilmember

Hon. Ginger Summit,
Councilmember

Town Manager

Carl Cahill
26379 Fremont Road
Los Altos Hills, CA 94022
650-941-7222

Parks and Recreation Department

A. Eric Christensen
Parks and Recreation
Supervisor
26379 Fremont Road
Los Altos Hills, CA 94022
650-941-7222 x 241
echristensen@losaltoshills.
ca.gov

Parks & Recreation Committee

Scott Vanderlip, Co-Chair
Julia Zarcone, Co-Chair
Karen Bergh
Kathy Evans
Rebecca Hickman
Steve Johnson
Jamie Lucia
Val Metcalfe
Patty Radlo



Members of the Los Altos Hills Parks and Recreation Committee are appointed by the City Council and serve as an advisory body to the Council on matters related to recreation programs and activities. They study all recreation facilities available within the Town and make recommendations regarding their status.

Parks and Recreation Committee meetings are held on the 3rd Thursday of every month at 9am in the Parks and Recreation Center at Town Hall. All Parks and Recreation Committee meetings are open to the public.

**NOW WITH
FUN TRIVIA
QUIZZES**

The Los Altos Hills Parks and Recreation Activity Guide is a bi-annual publication, mailed or delivered to residents of Los Altos Hills. Businesses or entities referenced in this brochure do not constitute an endorsement by the Town of Los Altos Hills. To receive the electronic version of this publication, or to add your name to the mailing list, please contact the Los Altos Hills Parks and Recreation Department at 650-941-7222.



PLACE

YOUTH CLASSES, CAMPS & ACTIVITIES

Year 'Round Riding Program

The Year Round Riding Program sessions offer riding lessons for youth and adults. The Beginners' Program is for those with little or no riding experience. The Novice Program is for riders who are comfortable at the walk and trot and who are beginning to canter. Each program uses an English saddle. Safety helmets are required and will be provided. For safety reasons we require that participants come neatly dressed wearing jeans or other comfortable pants (no shorts), boots or shoes with heels. Jewelry is not allowed and hair must be pulled back and out of the rider's face. All riding classes will be held rain or shine.

Fee: \$295 Resident
\$335 Non-Resident
Location: Westwind Barn
Instructor: Jane Kawasaki
Ages: 7 & Up

Adult & Youth Beginner

Day: Sundays
Session 1: 10/18-11/22
Session 2: 1/10-2/14
Session 3: 2/28-4/11
(No Class 3/7)
Times: 9:00 am - 9:45 am

Adult Beginner

Day: Mondays
Session 1: 10/19-11/30
(No Class 11/23)
Session 2: 1/4-2/22
(No Class 1/18
& 2/15)
Session 3: 3/1-4/5
Times: 9:00 am - 9:45 am

Youth Beginner

Day: Tuesdays
Session 1: 10/13-11/7
Session 2: 1/5-2/9
Session 3: 2/23-4/6
(No Class 3/9)
Times: 4:00 pm - 4:45 pm

Youth Novice

Day: Wednesdays
Session 1: 10/14-11/18
Session 2: 1/6-2/10
Session 3: 2/24-4/7
(No Class 3/10)
Times: 4:00 pm - 4:45 pm

Youth Novice

Day: Saturdays
Session 1: 10/17-11/21
Session 2: 1/19-2/13
Session 3: 2/27-4/10
(No Class 3/6)
Times: 10:00 am - 10:45 am

Youth Advanced Novice

Day: Saturdays
Session 1: 10/17-11/21
Session 2: 1/19-2/13
Session 3: 2/27-4/10
(No Class 3/6)
Times: 9:00 am - 9:45 am

Private Riding Lessons at Westwind Barn

P rivate horseback riding lessons and training are offered at Westwind Barn. Town staff will work with you to coordinate a day and time for your lesson. Please contact the Parks and Recreation Department to schedule your private lesson today or to learn more about the program.

Location: Westwind Barn, 27210 Altamont Road
Fee: \$47 Resident/\$52 Non-resident for 30 minute lessons
Fee: \$57 Resident/\$62 Non-resident for 45 minute lessons
Contact: 650-947-2506 or 650-941-6113

HORSE QUIZ

1. A horse's height is measured in hands. How many inches in a hand?
2. What is the difference between a mare and a dam?
3. When is a horse not a horse?
4. Can a horse breathe through its mouth?

Riding Camps at Westwind Barn

T his camp is for beginners and for novice riders who wish to learn or improve their riding and horsemanship skills. Children are divided into groups by age and skill level and are continuously supervised by experienced instructors. The campers will be paired with the same horses during the camp's duration.

Campers will learn the basic balance position developed by the United States Pony Club and how the movements of the rider's body influence the horse's movement. Riding instruction includes games, exercises for rider and horse and cavaletti work. The camp aims to foster a life-long love of responsible riding with the care and safety of the rider and horse paramount.

Some of our earlier campers now own their own horses, board at Westwind Barn and are active in Pony Club and showing. Our horsemanship curriculum includes visits from farriers, veterinary, grooming, care of equipment, conformation and how to take care of your own horse. Other activities are equine related and aim to have fun while still learning about the horse. Helmets will be provided. Campers must wear a heeled shoe (tennis shoes are not allowed).

Session 1: 12/19 -12/23
Session 2: 4/12 – 4/16
Times: 8:30 am-1:00 pm
Location: Westwind Barn, 27210 Altamont Road
Fee: \$395 Resident/\$455 Non-Resident
Ages: 6 to 17





Ice Skating Classes by Winter Lodge

Winter Lodge offers beginning ice skating lessons for people who have never skated or who must hold onto the rail. Rental skates and free practice time are included on the day of the lesson as well as 2 extra practice passes. Group lessons are 1/2 hour once a week. Students should wear gloves. For higher level lessons, contact Winter Lodge directly at 493-4566 or www.winterlodge.com. Winter Lodge is located at 3009 Middlefield Road in Palo Alto. The Monday class will begin on 9/28. The Wednesday class will begin on 9/30.

Dates: 9/30-11/22
 Day: Wednesdays
 Session 1: 3-3:30pm for 4-5 year olds
 Session 2: 3:30-4:00 pm for 6-7 year olds
 Session 3: 4:00-4:30 pm for 8-10 year olds
 Session 4: (Mondays) 5:00-5:30 11-16 years old
 Location: Winter Lodge, 3009 Middlefield Road, Palo Alto
 Fee: \$144 Resident/
 \$165 Non-Resident

Blue Angels Youth Ski & Snowboard Program

The Blue Angels program gives children and teens the opportunity to ski or snowboard the Sierra's with friends and other snow sport enthusiasts in a fun, yet structured environment. Open to all ability levels, from first-timers to experts, the program consists of 5 full Saturdays of professional coaching taught by resort instructors, lift tickets, luxury bus transportation to Sierra-at-Tahoe Resort, constant adult supervision, lunch & snacks, Pro-Tec snow helmet, sponsor goodie bag and equipment rental/leasing discounts at Sport Chalet. The Blue Angels program provides a learning environment that fosters independence, builds self-esteem and boosts athletic skills. Please visit www.BlueAngelSnow.com or call (925) 939-7669 for more information.

Dates:
 5 Saturdays 1/23-
 2/27 (no class
 2/13/10)
 Pick up Location:
 visit web site for
 complete list of bus
 locations
 Departure Time:
 approximately 5:30
 am – visit web site
 for specific times
 Return Time:
 approximately 7:30
 pm – visit web site
 for specific times
 Program Fee: \$799

Archery for Kids

Y Instructor Keith Gutierrez has taught archery classes for more than 25 years. This safe and fun class allows each individual to focus on their accomplishments.

Archer Scout

Participants will learn the technique of shooting a bow as well as the name for each part of the bow and arrow. If your 7–9 year old has more experience, contact the Parks and Recreation Department to request a move to the next level.

Dates: 10/6-10/27
Days: Tuesdays
Times: 4:30-5:30 pm
Ages: 7-9
Location: Byrne Preserve, 27210 Altamont Road
Fee: \$120 Resident/
\$138 Non-Resident

Robin Hood

This class will focus on grouping of arrows and distance shooting. Participants will compete for rewards. The goal to become marksmen will bring individual discipline.

Dates: 10/7-10/28
Days: Wednesdays
Times: 4:30-5:30 pm
Ages: 10 & up
Location: Byrne Preserve, 27210 Altamont Road
Fee: \$120 Resident/
\$138 Non-Resident

“Keith Gutierrez is one of the best child educators in our area.”

LAH PARENT

LACROSSE QUIZ

1. Who invented the game of lacrosse?
2. Who named the game “lacrosse”?
3. When was the game officially codified?
4. Padding is very important in the game. What would make gloves illegal?

Lacrosse Clinics by Atherton Lacrosse

Learn the fundamentals of Lacrosse, the fastest game on two feet. Atherton Lacrosse makes learning the fundamentals of lacrosse fun. No previous experience required. Lacrosse sticks will be available for rent from the Atherton Lacrosse staff or you can bring your own. Mouth guard is required (can be purchased for \$2). Play is “no-contact.” For more information, please visit the Atherton Lacrosse website www.AthertonLacrosse.com or send an email to AthertonLacrosse@Gmail.com.

Session 1: 10/11
Session 2: 10/18
Day: Sunday
Time: 3:00 pm – 4:30 pm
Location: Purissima Park, Field #2
Ages: 7-15
Instructor: Atherton Lacrosse Staff
Fee: \$35

Reactions in Action

Picture yourself as Sir Isaac Newton by discovering how things move with science. Experiment with inertia and gravity as you learn what football players, ballet dancers and scientists have in common. Explore how equipment and movement work together to help you enjoy your favorite sports. Learn about photography and the movie making business as we examine how a camera works, how film captures light and stores images, how motion pictures got started, and how filmmakers make images move. Spend some time in the lab learning the tools and techniques that real chemists use, and perform some spectacular hands-on projects.

Dates: 12/21-12/23
Day: M-F
Time: 9:00 am–3:00 pm
Location: Parks and Recreation Center at Town Hall
Ages: 5-12
Fee: \$171 Resident/
\$197 Non-Resident

Spy Academy

Look out 007 – The Mad Science Spy Academy is here! From decoding messages to metal detectors and night vision, campers will have the opportunity to check out spy equipment and even create their own edible message. Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis. Figure out the science of forensics in a hands-on look at crime scenes. Become a super spy and learn clever ways of performing tasks as we take a hands-on view of the science that spies use. Q has been working with the Mad Scientists to develop a whole new set of take-homes for this camp and, to top it off, the snacks will be shaken, not stirred.

Date: 12/28-12/30
Day: M-F
Time: 9:00 am–3:00 pm
Location: Parks and Recreation Center at Town Hall
Ages: 5-12
Fee: \$171 Resident/
\$197 Non-Resident

Immersion Spanish or Mandarin

Introduce your child to another language and culture through the universal language of music. Taught exclusively in the target language using traditional children's songs, but no previous target language experience is necessary. Take advantage of your child's amazing ability to absorb music and language.

Immersion Spanish

Dates: 10/1-12/10
(No class 11/26)
Day: Thursdays
Time: 10:30 am-11:20 am
Location: Parks and Recreation Center at Town Hall
Ages: 0-4 yrs
Fee: \$150 plus a \$25 mandatory material fee for CD/book due to instructor at first class

Immersion Mandarin

Dates: 9/30-12/9
Day: Wednesdays
Time: 10am-10:50am
Location: Town Hall
Ages: 0-4 yrs
Fee: \$150 plus a \$25 mandatory material fee for CD/book due to instructor at first class

Multicultural English

This unique 50-minute parent-child immersion language and music class is taught in English but includes songs from around the world. Rhythmic and tonal play with age-appropriate instruments, physical movement and imaginative improvisation provide a wonderful foundation for musical, linguistic and intellectual growth.

Dates: 10/1-12/10 (No class 11/26)
Day: Thursdays
Time: 11:30 am-12:20 pm
Location: Parks and Recreation Center at Town Hall
Ages: 0-4 yrs
Fee: \$150 plus a \$25 mandatory material fee for CD/book due to instructor at first class

MUSIC QUIZ

1. Who is the oldest singer to win American Idol?
2. What three songs are sung the most frequently in English?
3. What type of apple was the logo for the Beatles' record label?

Unstructured PLAY

Learn how to be a kid again. Participants will bike to local school fields and parks and kids will organize their own ball games of soccer, baseball, or other sports, explore and hike in the creeks and woods and create and play some kid organized — unstructured games like kick the can and hide-in-seek. Participants should arrive with a bicycle and helmet as we will seek out our destinations of parks, woods, and fields by bicycle throughout the community. Please bring a sack lunch for others parents as well to join us so please contact Scott Vanderlip at (650) 948-6455 if interested. Limited to the first 30 kids that apply.

Dates: Saturday, September 26th
Location: Starting at LAH Town Hall
Times: 12:00 pm - 4:00 pm
Fee: FREE

LANGUAGE QUIZ

1. How many letters are in the Hawaiian alphabet?
2. What is a pangram?
3. What is the longest one syllable word?
4. How many languages are spoken in the world today?
5. What are the four most commonly spoken languages in the world?

Los Altos Hills Preschool Playgroup

The purpose of this playgroup is to help parents meet and exchange ideas and play dates with other parents of preschool age children. It is not always easy to connect with other local parents when living in such a rural community.

The group meets twice a month at Shoup Park, 400 University Avenue in Los Altos, from 9:00 –11:30 a.m. This park is well suited for preschool age children to play, while being supervised by their parents. Please meet and check in at the picnic tables. Also, please feel free to invite your friends, and neighbors who also have preschool children – just remember to sign up on the email list, so they can also receive the future schedules.

This preschool program is FREE and open to families with preschool age children. We do ask that you please register online, so that you can receive email updates of the field trips and other activities that may be of interest to you.

Please provide feedback on what additional programs we might add, such as parenting classes and potential topics and speakers. Contact Eric Christensen, Parks and Recreation Supervisor at (650) 941-7222



Ice Skating Classes by Winter Lodge

ADULT CLASSES & ACTIVITIES

Winter Lodge offers ice skating lessons for adults who have never skated or who must hold onto the rail. Rental skates and free practice time are included on the day of the lesson as well as 2 extra practice passes. Group lessons are 1/2 hour once a week. Students should wear gloves. For higher level lessons, contact Winter Lodge directly at 493-4566 or www.winterlodge.com. Winter Lodge is located at 3009 Middlefield Road in Palo Alto.

Dates: 9/30-11/22

Day: Wednesdays

Session 1: 8:00 pm-8:30 pm

Location: Winter Lodge, 3009
Middlefield Road,
Palo Alto

Fee: \$144 Resident/
\$165 Non-Resident

Nature Journaling

Record and remember your nature experiences more by taking nature journals. Studies have shown that people remember our outdoor/nature experiences more if we take time to draw and record our observations with drawings, watercolors, and text in a nature journal. Participants will take a hike near Westwind Barn and in Byrne Preserve to stop at various points to draw, paint and describe their observations. Please bring something that will allow you to sit comfortably (like a blanket or pad) when we stop and make entries into our journals.

Please bring your own water, snacks and sunscreen. Open to kids to adults
Ages 6+.

Date:
Sunday,
9/27

Location:
Westwind
Community
Barn – 27210
Altamont Rd,
LAH

Time: 10:00 am
- 12:00 pm

Instructor: Scott
Vanderlip

Fee: \$40 – Includes
basic journaling
kit of sketch book,
pencils, water colors,
etc



Byrne Preserve

Located along the upper length of Altamont Road and connected to the Los Altos Hills Pathway System, the Byrne Preserve consists of 55 acres of open space adjacent to the Westwind Barn. The preserve is a passive recreational site. It serves as a pasture for horses and as the site for the Hoppin' Hounds Easter Egg Hunt, the Pathways Run and many more exciting events and activities.

Pam's Yoga Fitness

This course, taught by Pam Walatka, features an invigorating, fun yoga workout influenced by other practices including Pilates and mindfulness meditation. Class meets once a week for eight weeks, 10:15 am to 11:30am. Please bring a yoga mat. For samples and more information visit www.pamwalatka.com.

Session 1: 10/7-12/2

(No class 11/25)

Session 2: 12/9-1/27

Session 3: 2/3 – 3/24

Day: Wednesdays

Time: 10:15 am –
11:30 am

Location: Town Hall

Fee: \$105.00 Resident/
\$119.00 Non-Resident

Instructor:

Pam Walatka

Adult CPR and First Aid Certification

Participants will learn and practice CPR for adults, rescue breathing, choking rescue and use of the EMS system. This class is taught by instructor demonstration and is supplemented by DVD and practice on manikins. After the lunch break, the class will cover additional forms of first aid such as bleeding control, treatment of burns, fractures, seizures, shock, heat and cold emergencies and poisoning. Wear comfortable clothing; this class will require participants to get on the ground for practice. You will be expected to fully participate in classroom and skill sessions, as well as be tested in skill and knowledge. Successful completion will gain certification in CPR and First Aid by the American Red Cross. Please bring a lunch. The minimum class size is 10.

Session 1: 11/1

Session 2: 2/28

Day: Sunday

Times: 9:00 am-3:30 pm

Location: Town Hall – Council Chambers

Ages: 16 & Up

Fee: \$95 Residents/
\$109 Non-Residents

Child and Infant CPR and First Aid Certification

This class will cover the above material as it relates to child and infant CPR and First Aid.

Date: 1/24

Day: Sunday

Times: 9:00 am-4:30 pm

Location: Town Hall –
Council Chambers

Ages: 16 & up

Fee: \$105 Residents/
\$119 Non-Residents

Rally Training for Dogs

Have fun with your dog and reinforce good behavior. The newest AKC titling event, Rally Training was created to allow handlers to actively reinforce good dog behavior in competition by using verbal and nonverbal praise. Smiles, encouraging words, laughter and a general happy feeling are encouraged in the ring for training and for competition. During competition, the handler moves through a preset course by reading numbered signs that give instructions. All breeds of dogs, including mixed-breeds, are suitable for this, so long as they have basic obedience training. Your dog should have completed at least a basic obedience training course. Your dog should have a basic understanding of sit, down, stay, come and heel. Your dog must be in good physical condition, up to date with all vaccinations, flea free and non aggressive towards people and other dogs.

What to bring to class: a comfortable buckle collar for your dog, a 6-foot leash (no Flexies please) and comfortable walking/running shoes for yourself. Since this is a positive reinforcement training class, please bring small, bite-sized treats (rewards) for your dog.

Session 2: 9/16-10/21
Session 3: 11/4-12/16
Session 4: 1/6-2/10
Session 5: 2/17-3/24
Days: Wednesdays
Times: 9:00 am - 10:00 am
Location: Baseball Field at Hillview Community Center
Fee: \$60 Resident/
\$69 Non-Resident
Instructor: Rosalie Alvarez

With eye
upraised his master's
look to scan,
The joy, the solace,
and the aid of man:
The rich man's
guardian and the
poor man's friend,
The only creature
faithful to the end.

GEORGE CRABBE

DOG QUIZ

1. What are the top 3 breeds in the US?
2. Does a dog see in color?
3. Why is sniffing so important to dogs?



**SPECIAL
EVENTS,
RECREATION
AREAS AND
OPEN SPACE**

Holiday Barn Lighting Event at Westwind Community Barn

Join the Los Altos Hills community for a unique holiday celebration. Spend the afternoon in the fresh air at the Westwind Barn and Byrne Preserve, sampling home baked cookies and hot cider or wine tasting with local vintners while kids participate in games, craft tables and face painting activities. Listen to local student groups perform traditional carols and holiday music. Bring your camera as Santa will be available for last minute holiday wish list updates and a tasty candy cane treat. Local Pony Club and 4H students will demonstrate horse grooming and horse management skills and answer questions on how you can participate in their programs. The Barn will light up at 4:00 pm and Santa will ride off into the sunset. Make this holiday season memorable and bring the whole family for a day in the Hills that they will not forget. Dress warmly and bring a flashlight, as it gets dark early. Parking is very limited. Please car-pool or walk if you can.

Date: 12/6

Day: Sunday

Time: 1:00 pm – 4:00 pm

Location: Westwind Barn,
27210 Altamont Road

Horse Boarding and Riding at Westwind Barn

Westwind Barn is a 15-acre boarding and training facility owned and operated by the Town of Los Altos Hills. It is home to the 4H's Disabled Riding Program, the Pacific Ridge Pony Club and the Parks and Recreation Department's Year 'Round Riding Program. The facility includes a fire-safe barn with box stalls ranging in size from 10'x10' to 15'x10' as well as pasture options. Facilities include a 100' x 200' jumping arena with a full course of fences, a standard dressage court at approximately 80' x 130', and a cross-country course. Bathroom, kitchen, lounge, picnic areas and hot water are all available to boarders. Stalls are fed 3x/day, cleaned 2x/day, and horses are turned-out 4 hours per day, Monday – Friday by barn staff. Westwind is a great staging site for long-distance trail rides, with access to the Town's 63 miles of maintained riding trails, and backs up to San Antonio, Foothill, and Arastradero. Horse trainers are available, but boarders may bring their own trainer.

Location: 27210 Altamont Road
Contact: 650-941-6113 or
650-941-7222 for
more information



4-H Disabled Riding Program

The 4-H program is a year-round program. Riding sessions during the fall, winter, and spring are held on Monday and Thursday afternoons from 4pm to 5 pm. The riding sessions are ten weeks long. A different set of riders and volunteers come on each Monday and Thursday. A shorter summer session is held during the month of July. For more information, visit www.westwind4h.org.

Winter Orientation: Saturday, January 2 at 12:00 pm

Location: Westwind Barn

Winter Dates: 1/4-3/15

Days: Mondays and Thursdays

Times: 4:00 pm – 5:00 pm

Location: Westwind Barn

Los Altos Hills Town Riding Arena

Recently refurbished with state grant funds, this public facility is an excellent place to take your horse for a little exercise. This is a public arena that requires no fee to use. The Town Arena is operated by the Parks and Recreation Department and maintained by the sponsoring community partner, the Los Altos Hills Horsemen's Association (LAHHA).

Location: 27400 Purissima Road (Purissima Rd and Viscaino Rd)

Ages: 7 & Older (Youth must be accompanied by an adult)

Contact: Parks and Recreation 650-941-7222

Fee: Free

Purissima Park

The Town of Los Altos Hills broke ground on a \$1.3M renovation of the Purissima Fields on Monday, August 25th. The City Council of Los Altos Hills approved the renovation project in December 2007 as part of a major commitment to upgrade and improve the Town's parks and recreation assets. The project included major upgrades to the drainage and irrigation systems and parking lot areas. It also added more park like features including picnic tables, a sport court, safety fencing, improved landscaping and a new ADA compliant restroom facility.

This 4-field baseball complex is home to the Los Altos Hill Parks & Recreation Department and the Los Altos Hills/Los Altos Little League programs. Residents and Private groups are able to reserve the fields. Please call the Parks and Recreation Department at 941-7222 to reserve the fields for your event.

Los Altos Hills Pathways System

A very special feature of Los Altos Hills is the Pathway System. Sixty-three miles of roadside and off-road paths meander through the hills and valley of the Town, connecting various areas of the community. This network is a valuable recreational asset for residents. The system has been designed over many years to provide non-vehicular access to the Town for walkers, runners, bicyclists and equestrians. Maps of the Town's Pathways System are available for purchase at Town Hall for \$1.

HORSE QUIZ: 1. A hand equals 4 inches. 2. A mare is a mature female horse. A dam is a mare that becomes a mother. 3. A horse is typically not called a "horse" until it reaches the age of 5. Prior to that, a male is called a colt and a female is called a filly. A foal is a very young horse (male or female). 4. A horse can breathe only through its nose, not its mouth.

LACROSSE QUIZ: 1. Native North Indians invented the game in the 15th century. 2. French settlers observing the game called it "le jeu de la crosse" – the game of the stick. 3. Dr. William Beers, a Canadian dentist, codified the game in 1867. 4. A glove is illegal if it is modified (eg, cutting the finger tips) to allow easier handling of the stick.

MUSIC QUIZ: 1. Taylor Hicks was 29 when he won American Idol in 2006. 2. Happy Birthday, For He's A Jolly Good Fellow, and Auld Lang Syne. 4. Granny smith.

LANGUAGE QUIZ: 1. 12 letters (aeiouhklmnpw) 2. A sentence that contains all the letters of the alphabet: The quick brown fox jumps over the lazy dog. 3. squirrelled with 11 letters. 4. Approximately 6,900. 5. Chinese (Mandarin), English, Hindi, and Spanish.

DOG QUIZ: 1. Labrador Retriever, Golden Retriever, and German Shepherd. 2. A dog's retina has more rods than cones than a human eye. Most likely, a dog sees muted colors. Compared to a human, a dog has a wider field of vision, better night vision, and a better ability to detect motion. 3. A dog is able to learn about its environment through its keen sense of smell. A canine nose has 220 millions scent receptors compared to 5 million in a human. Moreover, the olfactory lobe in the dog's brain is highly developed.

Los Altos Hills Activity Guide

The Activity Guide is published with assistance from the Parks and Recreation Committee and a generous contribution from Alexander Atkins Design, Inc.

www.losaltoshills.ca.gov

Design + Production:

Alexander Atkins Design, Inc.

www.alexatkinsdesign.com



REGISTRATION FORM

PLEASE PRINT ALL INFORMATION

Participant First and Last Name	Age (if under 18)	T-shirt Size	Course/ Activity	1st Choice Session	2nd Choice Session	Fees
1 _____	_____	_____	_____	_____	_____	_____
2 _____	_____	_____	_____	_____	_____	_____
3 _____	_____	_____	_____	_____	_____	_____
4 _____	_____	_____	_____	_____	_____	_____
5 _____	_____	_____	_____	_____	_____	_____
6 _____	_____	_____	_____	_____	_____	_____

PARENT/ADULT CONTACT INFORMATION

Name: Last	First	Date of Birth

Address: City	State	Zip

Parent Name: Last	First	

Phone No: Home	Work	Cell

Emergency Contact: Name	Phone	

RELEASE OF LIABILITY & ASSUMPTION OF RISK AGREEMENT

In consideration of the acceptance of the application for entry into the classes or activities listed on the Registration Form, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities. I am aware that these classes or activities subject me to physical risks and dangers, nevertheless, I voluntarily agree to assume any and all risks of injury or death, and to release, discharge, and hold harmless all of the entities or persons mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs, personal representatives, next of kin, spouse or assigns. It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs, personal representatives, next of kin, spouse and assigns. I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature: _____ Date: _____

REFUND POLICY: Refunds will only be given up to 7 days before the commencement of program. Within 7 days, a refund will only be granted if vacated position is filled. **No refunds will be given after program has started.** A refund service charge of 7% will be added to all refunds requested by the customer.

TO BE COMPLETED BY PARENT OR GUARDIAN OF MINOR PARTICIPANTS

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature of parent or guardian: _____ Date: _____

Print parent/guardian name: _____

Address (City, State, Zip): _____

Please indicate whether you are signing as: ☐ Parent ☐ Guardian

PAYMENT

I hereby authorize the use of my credit card: ☐ Mastercard ☐ Visa

Name as it appears on card: _____

Card Number: _____ Exp Date: _____

Signature: _____

Please detach and remit payment to: Town of Los Altos Hills Parks and Recreation, 26379 Fremont Road, Los Altos Hills, CA 94022



TOWN OF LOS ALTOS HILLS
26379 Fremont Road
Los Altos Hills, CA 94022

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Paid
Los Altos, CA
Permit No. 306

AT A GLANCE

Youth

Year 'Round Riding Program

Private Riding Lessons at Westwind Barn



Riding Camps at Westwind Barn

Ice Skating Classes by Winter Lodge

Blue Angels Youth Ski & Snowboard Program

Archery for Kids

Lacrosse Clinics by Atherton Lacrosse

Reactions in Action

Spy Academy

Adult

Ice Skating Classes by Winter Lodge



Byrne Preserve

Pam's Yoga Fitness

Adult CPR and First Aid Certification

Rally Training for Dogs



Events

Holiday Barn Lighting Event at Westwind Community Barn



Horse Boarding and Riding at Westwind Barn

4-H Disabled Riding Program

Los Altos Hills Town Riding Arena

Purissima Park

Los Altos Hills Pathways System